

Share and Learn: *Growing... Healthy Together Now*

December 7 and 8 2011

<p>We are coming together with a purpose in mind, through Share & Learn we hope to:</p> <ul style="list-style-type: none"> • Connect mental wellbeing with overall health • Learn more about the life cycle of community programs • Share creative solutions to common issues • Build on the experiences and wisdom of each other • Learn more about strengthening our initiatives 		
<p>Weds. Dec 7 - Day One - <i>Note all sessions are in the Evergreen Ballroom unless otherwise noted</i></p>		
8:00	Breakfast & Registration	
9:00 am	Welcome & opening remarks	Mark Robertson, Director, Healthy Living and Populations, MHLYS & Betty Kozak, MHLYS
	Introduction exercise	Flo Frank
	Purpose of the gathering; what we hope to achieve	Flo
	Keynote – <i>Breaking Ground for Mental Wellbeing</i>	Laurie McPherson, Mental Health Promotion, WRHA & Chris Hoeschen, Mental Health & Spiritual Health Care, MB Health
	Growing.... Healthy Together Now	Flo
10:25 – 10:45 am	Break	
10:45 am – 12:00 pm	Telling our Stories (Story Stations) 15 minutes per station	
6 Individual Story Stations	Story 1 - <i>Mapleleaf A Natural Playscapes</i> - Jody Kehl, Seven Oaks, Wpg	Story 2 - <i>Evergreen Ballroom Youth Revolution</i> – Lili Jardine, Brandon
	Story 3 - <i>Evergreen Ballroom An Exercise in 'Everybody Belongs'</i> Dorothy Braun, Altona	Story 4 - <i>Evergreen Ballroom Moonlight Ski Nights & Walk the Hall</i> Pam Little, McCreary
	Story 5 – <i>Elm First Nations After School Peer Mentoring</i> - Jonathan McGavock, Garden Hill	Story 6 - <i>Elm Men's Cooking Class</i> - Maurice Flett & Elsie Morris -Split Lake & Sally Beardy Thompson
12:00 – 12:40 pm	Lunch	
12:40 – 1:15 pm	Story 7 - <i>Evergreen Ballroom Tobacco Tackle Team</i> Ruth Betts Community School – Flin Flon	Deanna Johnson & NOR-MAN Team
	The Life Span of an Initiative – link in examples and practical take home ideas	Flo
2:30 pm – 2:50	Break	
	Creative Solutions to Common Issues	Flo - Global Café format
	Growing Up: From Youth to Adult Health Survey – ideas & input	Nancy McPherson, Carly Leggett & ARFS Committee
4:30 pm	Wrap up	Betty & Flo



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Day 2 Thurs. Dec 8 - <i>Note all sessions are in the Evergreen Ballroom unless otherwise noted</i>			
7:30 am	Breakfast & Registration		
8:30 – 8:45 am	Welcome and day's goals		Flo Frank
	Understanding Our Communities – your ideas in review		Nancy McPherson, Carly Leggett & ARFS Committee
	Keynote – Responding to Student and Community Needs – sharing initiatives that were implemented at a local high school in response to student and community needs.		Christine Penner, Assistant Superintendent, Interlake School Division
10:00 – 10:15 am	Break		
10:15 am – 12:00 pm	Telling our Stories (Story Stations) 15 minutes per station		
8 Individual Story Stations	Story 1 - Mapleleaf A Thompson Boys & Girls Club - Kim Hicks, Thompson		Story 2 - Evergreen Ballroom Walk, Stretch & Refresh Angela Reid, Morris
	Story 3 - Evergreen Ballroom Activity & Community Places Sande Deck - Seven Oaks, Wpg		Story 4 - Evergreen Ballroom Tobacco Free Quit Program Mari Kitching, Brandon
	Story 5 - Elm Spot Reward Program - Dave Little & Cathy Johnson, Eriksdale		Story 6 - Elm Celebrity Kids in the Kitchen Sheena Millette, Powerview
	Story 7 - Spruce Play for Everyday – Terrie Moar & Lorie Fiddler - Selkirk		Story 8 - Spruce Hockey Kids Ace-ing Health Lise Charrière, Ste. Anne
12:00 – 12:45 pm	Lunch		
12:45	Northern Games – bringing people together through games		Tanis Campbell, Don Gamache & Flo Frank
Concurrent sessions			
	<i>Elm</i>	<i>Evergreen Ballroom</i>	<i>Spruce</i>
Session 1 1:15 – 2:15 pm	Quick fixes – make it healthy! Caroline LeClair	The Power of Stories - Speaking with impact Bev Doern	Walking Audit – Shoni Litinsky & Lea Grzenda, Active and Safe Routes to School, Green Action Centre.
2:15 – 2:30 pm	Break		
	<i>Elm</i>	<i>Evergreen Ballroom</i>	<i>Spruce</i>
Session 2 2:30 – 3:30 pm	"Home on the Range" - Families & food together! Carol Schnittjer	Play Made Easy Dave Little, Lakeshore Recreation Commission & Kylo Harris, Coaching Manitoba ** need casual shoes	Walking Audit – Shoni Litinsky & Lea Grzenda, Active and Safe Routes to School, Green Action Centre
3:30 pm	Closing and Evaluation		Betty & Flo